

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

INDIAN RIVER COUNTY HEALTH DEPARTMENT**FOR IMMEDIATE RELEASE**

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NATIONAL PUBLIC HEALTH WEEK APRIL 1-7, 2013

- *National Public Health Week (NPHW) April 1-7, 2013 "Public Health is Return on Investment (ROI): Save Lives, Save Money",*

INDIAN RIVER COUNTY, FL - Indian River County Health Department (IRCHD) promotes National Public Health Week (NPHW) April 1-7, 2013. Indian River County Health Department Administrator; Miranda Hawker, advised that "this year's theme "Public Health is Return on Investment (ROI): Save Lives, Save Money" highlights the value of prevention and the importance of well-supported public health systems in saving lives, preventing disease and curbing health care spending."

National Public Health Week focuses on a different aspect of public health each day. Challenge yourself to identify and implement public health in your daily activities centered around each theme.

MONDAY: ENSURING A SAFE, HEALTHY HOME FOR YOUR FAMILY- Keep those that you love safe. Install carbon monoxide and smoke detectors. If you already have them, check the batteries and make sure they are working. Have an emergency/preparedness plan in place, practice the plan and make sure each family member knows what to do during an emergency. Think about food safety when cooking - do not cross contaminate and wash your hands frequently when preparing raw foods. Instill in your family healthy habits like eating right and exercising. Remember that practicing preventive habits starts at home. Additional resource websites: Emergency/Preparedness Plan- www.ready.gov ; Food Safety- www.foodsafety.gov and www.cdc.gov/foodsafety/ ; Exercising and Eating Healthy - www.letsmove.gov

TUESDAY: PROVIDING A SAFE ENVIRONMENT FOR CHILDREN AT SCHOOL- Talk to children about the importance of school and provide positive feedback for their academic achievements and encouragement when there is an opportunity to improve. Engage teachers and principals at your child's school and become actively involved in education in your community. Talk with your child about bullying and other concerns they may have about school and safety. Be a part of your child's academic life. Additional resource website: Safe Youth. Safe Schools. www.cdc.gov/features/safeschools/

WEDNESDAY: CREATING A HEALTHY WORKPLACE- Getting injured on the job can often be prevented. Investing in workplace wellness programs can have positive impacts on workers' health and employer's pocketbooks. Identify hazards at work and engage everyone in keeping employees safe and free of preventable injuries while at work. Just one person can make a difference - decide to be that one person today. Additional resource website: Workplace Safety and Health Topics www.cdc.gov/workplace/

THURSDAY: PROTECTING YOU WHILE YOU'RE ON THE MOVE- Good health is not stationary; it follows you from place to place. Make efforts to keep yourself safe no matter where you are going or



what you are doing. Buckle-up when driving. Wear a helmet when riding your bike. Walk with a friend in safe well lit areas. Promote safe activities in your community and with your family. Encourage others to be safe and stay active. Additional resource website: Injury and Violence Prevention and Control www.cdc.gov/injury/

FRIDAY: EMPOWERING A HEALTHY COMMUNITY- Resilient, well-supported public health systems are critical to our nations' health and future. During this lifetime, we have seen reductions in tobacco use and are working to address rising chronic disease rates. Be empowered and involve yourself in public health as they monitor and protect communities from emerging health threats, keep vaccine preventable diseases at bay, and provide life-saving services for vulnerable populations. Additional resource website: Get Involved - National Public Health Week website www.nphw.org/get-involved

Everyone has the opportunity to make a difference. You can start by applying these health and safety suggestions to yourself, your family and within your community. Involve public health in your everyday life and be healthier for it.

Examples of Return on Investment (ROI):

- Every \$10.00 spent per person in community-based public health activities could save more than \$16 billion dollars within five years nationwide. That is a \$5.60 return for every \$1.00 invested. (Levi, J. et al, Prevention for a Healthier America: Investments in Disease Prevention Yield Significant Savings, Stronger Communities. Trust for America's Health. Feb. 2009.)
- Routine childhood immunizations save \$9.9 million in direct health care costs, save 33,000 lives and prevent 14 million cases of disease. (Centers for Disease Control and Prevention. Fiscal Year 2011 President's Budget Congressional Justification.
- A \$52.00 investment in a child safety seat prevents \$2,200 in medical costs, resulting in a return of \$42.00 for every \$1.00 invested. Similarly, a \$12.00 investment in a child's bicycle helmet can prevent \$580.00 in medical costs, resulting in a return of \$48.00 dollars for every \$1.00 invested. (Children's Safety Network and Pacific Institute for Research and Evaluation. Injury Prevention: What Works? A Summary of Cost-Outcome Analysis for Injury Prevention (2010 Update). Nov. 15, 2010.

*** These and other Return on Investment statistics can be found under Quick Facts: The Value of Public Health to Our lives and Our Pocketbooks at: http://www.nphw.org/assets/general/uploads/APHA-NPHW2013_Sec_ONE_4b_noTOC.PDF

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